|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Session coach: | | Date: | | Time: |
|  | |  | |  |
| Club: | | Numbers in session: | | |
|  | |  | | |
| Specific needs: | | Type: |  | |
|  | | Group age: |  | |
| Ability: |  | |
| Other: |  | |
| Venue: | | Others involved in delivery: | | |
|  | |  | | |
| Session goal/objective: | | Equipment required: | | |
|  | |  | | |
| Time | Organisation/presentation | | | |
|  | Safety brief (before the session): | | | |
|  | | | |
|  | Warm-up: | | | |
|  | | | |

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| --- | --- | --- | --- |
|  | Main content: | | Coaching points (CPs): |
|  | |  |
|  | Cool-down: | | |
|  | | |
| Summary of session and feedback to orienteers: | | Aims of next session: | |
|  | |  | |